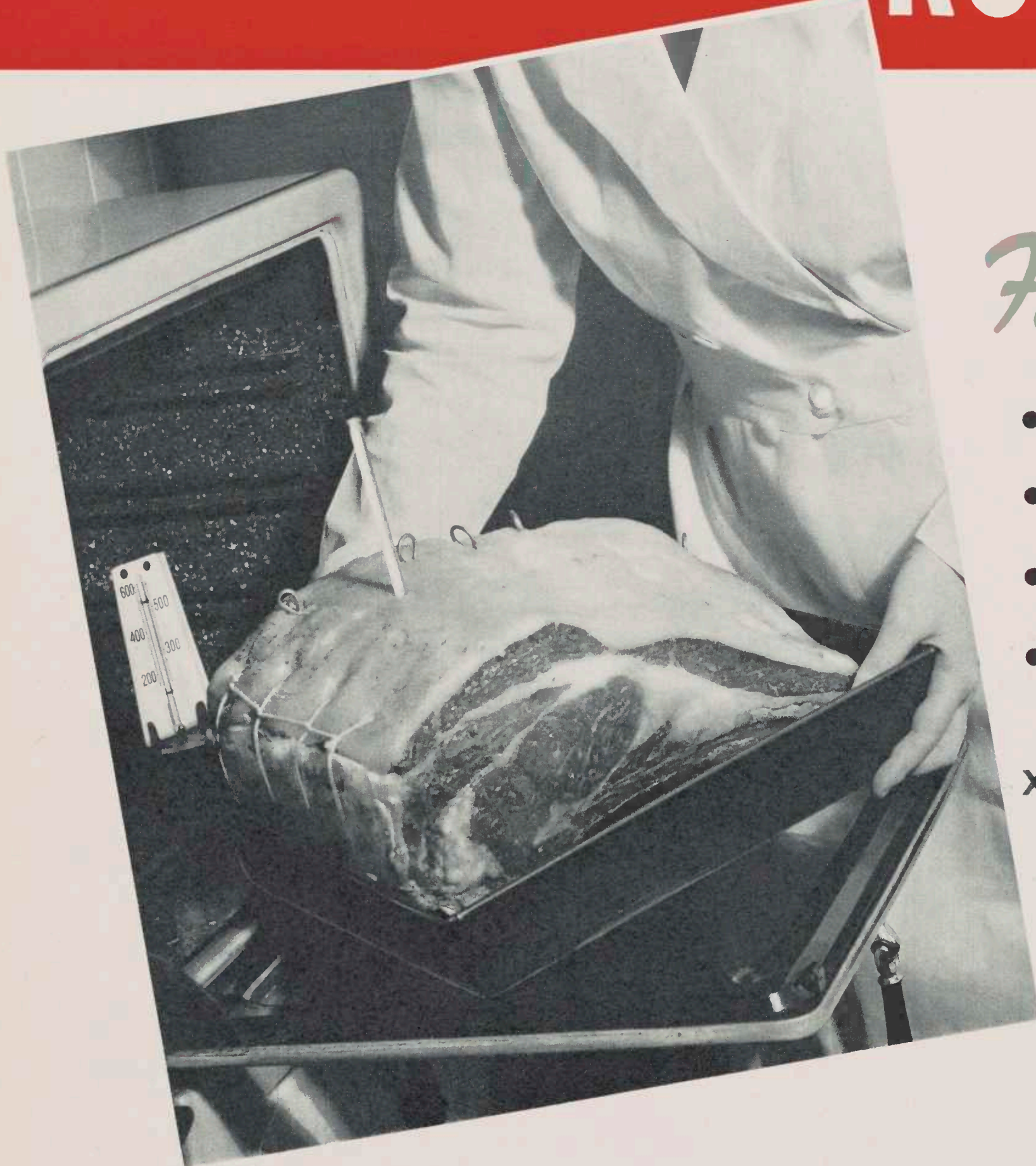


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Do not assume content reflects current scientific knowledge, policies, or practices.

Get the Good... FROM MEAT



For a tender roast

- Use open pan....
 - No water....
 - Moderate heat (300°-350° F)
 - Tell by meat thermometer when roast is done.
- x Don't overcook.... you lose juice.... have less to serve

- Cook liver only until tender.
- Use moderate heat.... no lid.... no water.



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